

THE POWER HIVE



RE-FRAME YOUR THINKING THROUGH THE PERSPECTIVE CHECK

- 1** Be aware of your thinking
- 2** Ask yourself is this helpful and constructive?
- 3** Use perspective check to re-frame your thinking

Gaining a sense of perspective on an issue puts us in a more resourceful state to deal with it



Ask yourself:

What different explanations could there be for the situation?

What if I look at the issue from a different viewpoint?

How could I re-frame this event, so I can see more of the positives that come from it?

How serious is the situation from 'best possible' to 'worst possible'?

Am I putting too much pressure on myself?

